

December 2019 Centerline

Pikes Peak Chapter 356

*National Association of Women in
Construction NAWIC Chapter 356
PO Box 7455 Colorado Springs, CO 80933*

**December 2019
Volume 43**

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Events

Congrats December Anniversaries!

- Sandy Riggs (11 Years)
- Ally Jencson (5 years)
- Naomi Kidd (4 Years)

Happy Birthday December!

- 12/1 Happy Birthday Tammy Pascual!
- 12/13 Happy Birthday Amy Christiansen!

Upcoming Events

- 12/12 Christmas Party @5:30pm
- 12/24 Gries family Charity-Breakfast and Gift Unwrapping
- 1/2 Chapter Board Meeting @ 5:30pm
- 1/16 Cougars Gone Wired Coronado HS
- 1/26 Block Kids Building Competition 1pm-4:45pm

Happy December and year end,

I hope this season finds you well. I know it can be a crazy time of year!

At work we are all trying to wrap up projects, finalize budgets and get homes completed by year end.

We are buying presents and going to parties and doing more baking then we have done all year.

The calendar is full of events for the kids, events from work, events from friends and neighbors.

In the midst of the chaos I hope you are able to stop and look around. Let the people in your life that are there everyday know how much their contribution to your chaos means to you.

With that being said, I want to let the wonderful women that are NAWIC Pikes Peak Chapter 356 know that you are all so precious to me. Thank you all for being who you are. Without each and every one of you this chapter just wouldn't be the same.

I hope to see you all at Staci's for our Christmas party on Dec. 12th.

Merry Christmas,

Valerie Bates

President

Pikes Peak Chapter 356



National Association of Women in Construction



Standing Committee Chairs 2018-2019

Professional Development & Education – Michelle Lipke	719-570-1774	m.lipke91@gmail.com
Membership & Marketing – Samantha Walter	719-649-2739	samantha.walter@ramparttile.com
Finance – Naomi Kidd (past)/Staci Calderon (current)	719-339-5887	scalderon@rusinltd.com

Chapter Functions 2018-2019

Historian – Kristen Ibarra	719-203-3323	kibarra@rmg-engineers.com
Web Site – Adele Swift	719-269-1173	aswift@tezakheavyequipment.com
Occupation Research/Referral – Alyssa Vernon	719-570-1774	alyssav@centralstatesroofing.com
Parliamentarian – Karen Mitchell	719-686-7482	kem0513@aol.com
Centerline Editor – Staci Calderon	719-339-5887	scalderon@rusinltd.com

Board 2019-2020

President

Valerie Bates

•

President-Elect

Ally Jencson

•

Vice President

Kristen Ibarra

•

Recording Secretary

Tammy Pascual

•

Treasurer

Staci Calderon

•

Directors

Amy Christiansen

Alyssa Vernon

Samantha Walter

"We can do it." - Rosie the Riveter

Special Committee Chairs 2018-2019

Block Kids – Naomi Kidd	719-632-9868	nrkidd4ppc356@outlook.com
Bylaws – Karen Mitchell, CBT, CIT	719-686-7482	kem0513@aol.com
CAD Competition Berni and Angelique	719-599-7710	bmount@nunnconstruction.com
NEF – Karen Mitchell	719-686-7482	kem0513@aol.com
Social Media – Kristen Ibarra	719-203-3323	kibarra@rmg-engineers.com
Scholarship – Katie Trapp	719-635-0902	kt_trapp@yahoo.com
Strategic Planning – Kristen Ibarra	719-203-3323	kibarra@rmg-engineers.com
Fundraising – OPEN		
WIC Week -Jennifer Walker	719-546-6829	jennifer.walker@hubinternational.com

New Member Corner

*Welcome to our New Member
Jenessa with Central States Roofing!*

welcome | we're glad you're here!

Other Exciting News

*Congrats to Valerie Bates for
5 years as a member!*



Available Chair Position

Fundraising



NAWIC Chapter 356 is looking for a Fundraising Committee. One Committee Chair and two additional members. An exciting opportunity to help our chapter get creative raising money and to help plan great activities. If you are interested or want to learn more, reach out to Valerie.



"We need women who are so strong they can be gentle, so educated they can be humble, so fierce they can be compassionate, so passionate they can be rational, and so disciplined they can be free." – Kavita Ramdas

READ ALL ABOUT IT...

Click to preview

NAWIC Today publication

Available for print or digital for purchase.

This issue is all about Women in Construction Awareness! We share stories of how various chapters from across the country celebrated and brought attention to our association, plus offer ways to spur the momentum beyond our week-long efforts to continue the conversations about women in construction! We'll hear from NAWIC Secretary Jill Hanson, CIT, on how to identify and appreciate your tribe. We're also incredibly proud to share about member...



Other News

Thank you to Naomi Kidd for service on the board as Treasurer! We appreciate all you have done for our Chapter! Due to personal obligations and time constraints Naomi will be resigning and Staci will be taking the role as the Chapter Treasurer through the end of term. Thank you again Naomi!!



Thank you to our phenomenal presenter with RTA Architects, Sheva Willoughby.

Great presentation regarding Biophilic Design!



Upcoming Forums

Spring Forums 2020

South Atlantic – Staunton, VA March 26-29

Midwest – Wichita, KS April 17-18

South Central – Ft Worth, TX April 17-18

Pacific Northwest – Boise, ID April 24-25

Pacific Southwest – Phoenix, AZ April 24-25

North Central – Grand Rapids, MI May 1-2

Southeast – Tampa, FL May 1-2

Northeast – Hershey, PA May 15-16

Member Meeting

Thank you to our phenomenal presenter with RTA Architects, Sheva Willoughby.

Great presentation regarding Biophilic Design at our November member meeting!



NEWS YOU CAN USE

Membership Benefits

Ever wonder if you are getting value out of being a NAWIC member?

1. Professional Opportunities
2. Educational Opportunities
3. Business Opportunities
4. Employer Benefits of NAWIC Membership
5. Investment Dollars and Sense

"My NAWIC membership has given me the opportunity to expand my knowledge of the construction industry. Programs and workshops at chapter meetings, regional conferences and national conventions have improved my professional and personal skills. To sum it all up, I've been educated, enlightened, enriched, energized and entertained by belonging to this Association."

~ Christine Parsons, CIT,
Bluegrass, Ky., Chapter

[The Value of a NAWIC Membership!](#)

(Click here to read about the value in detail)

National Level Website

NAWIC.org

**CHECK OUT THE NEW AMAZING
Website!**

National Newsletter:

THE CONNECTION

Pacific Southwest Region Website

Visit our regional [website](#).



Educational Corner

No Upcoming Webinars this month.

Missed a webinar from the past? [Click here for the archive!](#)

Education Resources... [Click here](#)



KAREN MITCHELL,
CBT, CIT, CIS
PACIFIC SOUTHWEST
REGION
OSHA COMMITTEE CHAIR

OSHA-NAWIC ALLI- ANCE GOAL:

Provide educational tools for NAWIC members entirely focused on worker safety and health in the workplace with an emphasis on how they affect women.

Find more information here: [https://](https://www.osha.gov/dcsp/alliances/nawic/nawic.html)

www.osha.gov/dcsp/alliances/nawic/nawic.html

CONTACT INFORMATION

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E kem0513@aol.com



December 2019

OSHA Committee Report



The Most Wonderful Time of the Year?

According to a 2016 study by the Center for [Disease Control \(CDC\)](#), the construction industry sadly ranks first in total suicides and second in suicide rate compared to all other industries in the United States. In response, OSHA [has recently published](#) a [webpage](#) with [resources](#) to [help prevent](#) suicides in the construction industry. At the top of the new “Preventing Suicides” webpage are three suicide prevention lifelines:

The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Red Nacional de Prevencion del Suicidio (Spanish Speaking): 1-888-628- 9454

Crisis Text Line: Text “hello” to 741741

In addition to the lifelines above, OSHA’s webpage also includes resources from trusted organizations about suicide prevention and opioid deaths, including the [American Foundation for Suicide Prevention](#), The Center [for](#) Construction Research [and Training \(CPWR\)](#), the CDC’s Suicide [Prevention](#) Webpage, and Construction Working Minds, among others. Find more information about OSHA suicide prevention resources here: <https://www.osha.gov/preventingsuicides/>

AGC AND AUTODESK LAUNCH GRANT PROGRAM TO HELP FIRMS PROVIDE SAFETY HARNESES DESIGNED WITH WOMEN IN MIND

AGC Member Firms Can Apply for Grants Between Now and January 10, 2020.

AGC of America and Autodesk is launching a new, \$75,000 grant program to help member firms provide safety harnesses for women. The grant program is designed to help firms attract more women into the construction profession while continuing to meet the highest levels of workplace safety. As part of that effort, winning firms will be selected based on their ability to leverage relatively small grant awards to attract more women and provide them with appropriately sized safety harnesses. AGC is accepting applications until January 10, 2020.

Apply here: <https://www.agc.org/industry-priorities/safety-health/agc-autodesk-safety-harness-grant-program>

For more information contact: Kevin Cannon at 703-837-5410 or kev-in.cannon@agc.org, or Nazia Shah at 703-837-5409 or nazia.shah@agc.org



OSHA Training Toolbox Talk: Basic Scaffold Safety – Avoiding Electrical Hazards on Scaffolding

[Reference 1910 Subpart D / 1926 Subpart L]

Working on scaffolding presents many potential safety hazards. And none can have more severe consequences than making accidental contact with an energized electrical conductor. There are two primary ways this occurs; workers on scaffolding making inadvertent electrical contact with overhead lines while holding conductive tools or materials, and workers who make accidental electrical contact while they erect or move scaffolding near overhead power lines.

Here are some safety tips to keep in mind to help avoid electrocution by contacting overhead electrical lines when working on scaffolds:

- Conduct an initial survey of the work area at the start of every work-shift to identify any potential overhead electrical hazards such as power lines and cables. Also look before any scaffolds are moved or rolled to a different location. Pay special attention to areas where electrical lines may be sagging, as well as to slopes or other elevation changes in the floor that can change clearance distances or make the scaffold tip or roll out of control.
- Scaffolds and other conductive items should not be used or moved within the following minimum clearance distances from exposed, energized power lines:
 - 2 feet for insulated power lines of less than 300 volts;
 - 10 feet for insulated power lines of 300 volts or more and for all uninsulated power lines.
- If it is absolutely necessary to work within these minimum safe clearance distances, notify your supervisor or the Competent Person so they can notify the utility company to have them de-energize the power lines or cover them with insulating sleeves or blankets before any work is conducted.
- Clearance between the power lines and scaffold should be monitored. If a scaffold is to be moved or erected in the general vicinity of overhead power lines, a competent worker should be assigned to observe the clearance and warn others if the minimum distance is not maintained.
- Electrically conductive tools or materials should not be used by employees working on scaffolds where they may make inadvertent contact with nearby power lines.
 - Non-conductive tools made of fiberglass or other non-conductive materials should be utilized, where possible.
 - Be aware that long pieces of materials, such as pipes, conduit, gutter, and similar objects commonly handled on scaffolds are often made of conductive materials.

These are just a few important safety tips that can help us avoid electrocutions when working on scaffolds. Can anyone think of some others that that you would like to discuss today?

Thank you for your participation. Please make certain you sign your name on the training certification form so you get credit for attending today's toolbox training session on this topic.



NAWIC PIKES PEAK CHAPTER 356
BUILD IT UP SPONSORSHIP FORM

Yes! I would like to partner with NAWIC Chapter #356 to help fund educational and service projects in the construction industry within our community. I understand my sponsorship will also help with NAWIC Education Foundation programs held throughout the year.

Build It Up Sponsorships at all levels include company logo on the first page of the chapter website, a link to company on the chapter website, a business card sized ad and link on the NAWIC Pacific Southwest Region website, recognition at each chapter meeting and event, and other benefits as outlined below.

I would like to support the Pikes Peak NAWIC Chapter #356 at the following level:

Build It Up Bronze - \$250.00

Includes all of the items above plus a 1/4 page ad in the monthly chapter Centerline newsletter.

Build It Up Silver - \$500.00

Includes all of the items above plus a 1/2 page ad in the monthly chapter Centerline newsletter.

Build It Up Gold - \$1,000.00

Includes all of the items above plus a full page ad in the monthly chapter Centerline newsletter.

Build It Up Platinum - \$1,500.00

Includes all of the items above plus a full page ad in the monthly chapter Centerline newsletter and one annual chapter membership.

Name: _____

Company: _____

Street Address: _____

City, State, Zip: _____

Mail to:
NAWIC Pikes Peak Chapter #356
PO Box 7455
Colorado Springs, CO 80933

Date Received: _____

Expires: _____

Advertising



"MAKE IT EASY ON YOURSELF, TRUST WHAT OVER 100 CONTRACTORS RELY ON EVERY DAY!"

Since 1997 Rusin has established itself as a proficient and innovative concrete subcontractor providing the finest foundations for Residential and Commercial contractors. We devote skilled crews on every project to ensure speed, quality and service. Our goal is to develop our relationships with long term Trade Partners that share our vision and appreciate the value we bring to their team.

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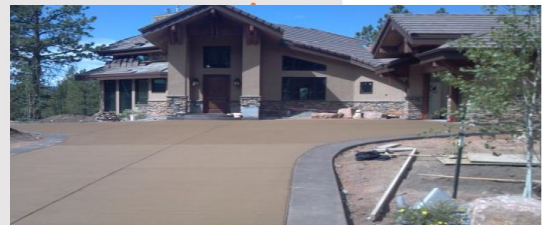
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Double M Concrete LLC

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719-686-7482
www.doublemconcrete.com

Advertising



Over 100 years ago Olson Plumbing & Heating Co. opened as a one man plumbing shop.

Since that time Olson Plumbing & Heating Co. has worked on some of the most distinct landmarks in the Pikes Peak Region. Today, we are still family owned and guided by the same simple rules – do excellent work at a fair price, provide prompt service day or night, and stand behind every job.

719-635-3563

www.olsonph.com



Advertise in the Centerline!

We are offering you an opportunity to advertise in our
monthly NAWIC Newsletter "The Centerline"

The Colorado Springs newsletter is distributed to our members, posted on our website, sent to our
Regional Director and is available on the NAWIC Region 8 website.

Business Card Size	\$35.00
1/2 Page	\$75.00
Full Page	\$100.00

Your ad will run for one full year from the time of receipt. Send your business card or copy and check to:
NAWIC Chapter #356 PO Box 7455 Colorado Springs, CO 80933

Thank you for your support of Colorado Springs NAWIC Chapter #356

Region Sponsorship!

NAWIC Benefit Is A Two Way Street!!!

Remember that for only \$15 per year you can advertise your company OR show your personal support to the Pacific Southwest Region Fund? Provide a business card or a Logo of your company and a statement of 75 words or less about your company and we will ask our Web Wizard Will to put it on the site for you from now thru next September... How? It's easy...

1. Send your business card and check for \$15.00 Payable to Pacific Southwest Region Fund to:

Nancy Eaton
2740 W 5700 N
Cedar City, Utah 84721

2. E Mail me your ad and scan your Logo to: lvwic@ix.netcom.com

Your benefit is the ad!! Regional benefit is the ad! (Click [here](#) to see current sponsors)